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UNITED STATES DEPARTMENT OF AGRICULTURE
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Housekeepers' Chat Thurs., April 12, 1928

(NOT FOR PUBLICATION)

Subject: "Eggs in Old and New Dishes." Approved by Bureau of Home Economics, U. S. Department of Agriculture.

Bulletin available: "Cooking Beef According to the Cut."

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Along about this time of year, the farm magazines are full of tributes to the "humble hen". But I don't see how we can continue to call Biddy a "humble hen", when the National Poultry Council has set aside a whole week in her honor. Rather, let's call her the "glorified hen". Or the bird that lays the golden egg--- "that wonderful food, rich in protein, fat, minerals, and vitamins, put up in Nature's own original package, and ready to use". That's the way an advertising writer would say it.

Do you know what's in an egg? Protein, which builds up muscle and body tissue. It's especially important for growing children. In the yolk of the egg, there is fat, which furnishes body fuel, and energy-building material. As for minerals, egg-yolk contains calcium and phosphorus, elements needed to build bones, teeth, and other tissues. Egg-yolk heads the list of foods rich in iron. In fact, egg yolks are so valuable as a source of iron, that they are often included in diets for that particular reason. Why buy an iron tonic from the drug store, when the hen is working over time, to produce an abundance of eggs? As has been said before, the hen beats the doctor as a mixer of spring tonic.

Every wise homemaker uses lots of eggs in the spring. Good economy, as well as good nutrition. There are so many different ways of using eggs, that the family need never tire of them.

Let's list a few of the ways to serve eggs. First, looking over the Radio Cookbook, you'll find recipes for Fluffy Omelet and Flat Omelet and Omelet with Variations. There are many appetizing foods which can be spread over half an omelet, just before it is folded and turned onto a platter. When you grow tired of plain omelet, try combining it with grated cheese, with chopped ham or bacon, or with any kind of a cooked vegetable, such as chopped onion, green pepper, celery or parsley delicately fried in butter, or cooked asparagus. Jelly is also very good folded into an omelet. Still other variations are tomato sauce, brown sauce, or Spanish sauce, poured over the omelet after it is turned onto the platter.

Referring again to the Radio Cookbook, you will find recipes for Baked Omelet, Baked Eggs and Cheese, and Eggs Benedict.

Eggs Benedict are a special favorite of mine. For Eggs Benedict, simply toast slices of bread, place on each piece of toast a thin slice of cooked ham or bacon, place on top of this a poached egg, cover with hot Hollandaise sauce, and serve at once. There's a recipe for Hollandaise sauce in the cookbook, too.

Another good egg suggestion is Poached Eggs on Spinach, with a strip or two of bacon on top. Still another is Creamed Eggs, with Dried Beef. And have you ever tried Hamburg Steak with Eggs? Use whole eggs, or the yolks only. Very lean round of beef, combined with egg yolks, is richer in iron than any meat dish I can think of at the present moment.

If you want to add iron to the children's diet, you might stir one or two egg yolks into a milk soup, or into the sauce for vegetables. The egg yolks increase the food value, and improve the flavor.

Just one more suggestion, and that's an egg sandwich, for the school lunch box. Hard cook an egg, chop it well, season with salt and pepper, and add a little salad dressing. Spread on buttered bread, wrap in oiled paper, and the sandwich is ready for the lunch basket.

That's enough about eggs for the present. Lots of questions today. One from a newlywed who says she can't tell one cut of beef from another. Wait a minute, here's her letter: "It's positively tragic," she writes. "My butcher and I do not speak the same language at all. When I tell him I want a good-looking piece of beef that will be suitable for a dinner dish, he looks at me with a strange light in his eyes, and says do I want 'sirloin, porterhouse, tenderloin, chuck, shoulder, shank, or brisket'. I haven't the least idea what the butcher is talking about. Can you help me out?"

Perhaps I can. Even the newest of newlyweds can make use of the new four-page leaflet called "Cooking Beef According to the Cut". Better send for it, read it over, and then surprise your butcher. He won't make fun of you, if you learn something about beef.

There are four recipes in the Beef pamphlet. Miss Alexander, one of the authors of the pamphlet, told me to ask you what you think of the beef recipes. She'd like to know. Are the recipes practical, and do you find a meat thermometer helpful? You can do Miss Alexander a favor by sending for the free booklet, using the recipes, and then writing her what you think of them.

The next question is not so easy to answer. A homemaker who works in an office part of the day wants to know the popular styles and fabrics in spring coats.

If she is the tailored type, she will find many tweeds, cheviots, and homespuns, with straight lines and flat, mannish collars. If she likes a more dressy style, there are soft, light-weight, plain-colored woolens and silks, with stand-up collars or scarf effects. There is also greater choice in coats without fur this spring.

A friend of mine has a black silk coat, lined with a figured silk. The silk lining has a white background, with a black and deep yellow pattern. With this coat she can wear a dress of print to match the lining, an all white dress, an all black dress, or an all-yellow party dress. Practical and good-looking combinations.

One more question: "Please tell me what type of curtain material should be used with figured wall paper, and with plain wall paper."

Answer: With figured wall paper, choose plain-colored curtain material. If the walls and most of the furnishings are plain, the curtains may be figured, but preferably with a background the same color as the walls, or slightly deeper than the walls. With cream-colored walls, for instance, a cretonne with a soft tan background, and figures that repeat the colors used elsewhere in the room, might be suitable for living and dining rooms.

In selecting figured materials, choose conventional designs that will stand the test of being looked at, day after day. Sprawling designs make windows look shorter and broader. Stripes tend to increase the height, and if used in excess, give a stiff, uncomfortable effect.

Tomorrow I shall give you a menu, as usual.